Case Studies 'What should I do with my life?'

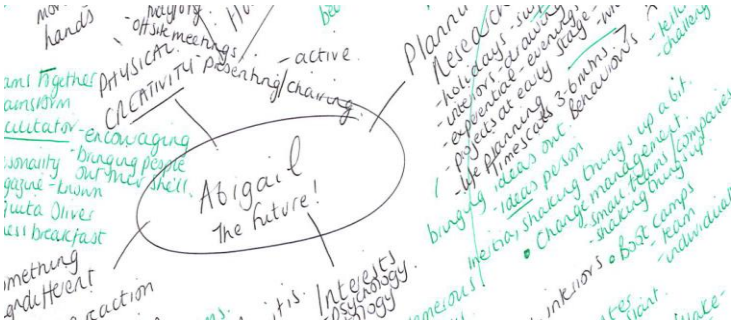
Client Background

Abigail approached me as she was unhappy in her career. Abigail was Head of Department in a Corporate Organisation. She was well paid, successful, yet unfulfilled. At a major cross roads in her life Abigail knew she didn't want to continue in what she was doing, but with no idea about what she wanted to do. Here was Abigail's single objective:

IDENTIFIED CAREER + PATH IN PLACE.

Steps

The first and most important step to implementing any major life change is to explore your values. Your values are your rules for your life. Research shows that successful people are successful because their values are completely aligned with the work they do. Once you have prioritised your values, you will quickly see why your current role is not fulfilling you which will help you get one step closer to working out your perfect career path. Abigail found that her values of: creativity, positive attitude and spirit in life were being controlled by her restrictive and highly political office role.



Remind yourself of tasks or projects you've completed in the past that left you feeling completely rewarded. Write about the goal, the constraints, the final result and then sum up in a quantifiable statement as to why it was such a success. Once you have explored several stories you will start to notice a pattern with regards to your skills; are you geared toward mental tasks; i.e. gathering, creating, researching or the physical or people orientated tasks: referring, guiding or negotiating.

The most exciting step of all is to wave that magic wand! The wand has been waved: there are no financial restrictions, you have all the necessary skills, and you can be whoever and do whatever you want to. What does your life look like? Draw a picture, cut out images, words from magazines that you are drawn to.

Outcome

Most of all, Abigail took action. By completing these and actions arising from the coaching she has now realised her dream and set up her own Interior Styling business. She has been featured on Sky Bio's Lorraine's Big Fat Challenge as an Interior expert, appeared in the Independent, the Metro and in Grand Designs Magazine. Abigail says now of her new life:

"*I found rising up through the ranks of a corporate organisation fulfilling on some level, there was always a new challenge but I knew the environment and culture fundamentally didn't 'fit' me. Having taken the time to step away from my working life and look at it objectively I was able to work out and understand how I achieved, and was the happiest when using my strengths and doing something I actually cared about!*

I built my business off these strengths and is underpinned by my values. I have achieved more self development, self understanding and arguably have grown up, ten times more in short time I've run my business than the entire time I worked as an employee in an unfulfilling industry. I am now reaping the rewards for this growth, professionally, financially and most of all personally. Two lines from a poem by William Ernest Henley which sum up how I feel now: I am the captain of my fate, [&] I am the captain of my soul."

Check out Abigail's video story on*: www.meta4ltd.co.uk*